HUMAN RIGHTS: KNOW THEM, DEMAND THEM, DEFEND THEM

Selections from United Nations human rights instruments

- No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. *(Universal Declaration of Human Rights, Art. 5)*

- Everyone has the right to seek and to enjoy in other countries asylum from persecution. *(Universal Declaration of Human Rights, Art. 14, 1)*

- The will of the people shall be the basis of the authority of government... *(Universal Declaration of Human Rights, Art. 21, 3)*

- Everyone has the right to rest and leisure... *(Universal Declaration of Human Rights, Art. 24)*

- Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits. *(Universal Declaration of Human Rights, Art. 27, 1)*

- Everyone has duties to the community in which alone the free and full development of his personality is possible. *(Universal Declaration of Human Rights, Art. 29, 1)*

- All peoples may, for their own ends, freely dispose of their natural wealth and resources... *(International Covenant on Economic, Social and Cultural Rights, Art. 1, 2)*

- The States Parties to the present Covenant recognize the right of everyone to an adequate standard of living for himself and his family...and to the continuous improvement of living conditions. *(International Covenant on Economic, Social and Cultural Rights, Art. 11, 1)*

- No one shall be subjected to arbitrary or unlawful interference with his privacy, family, home or correspondence... *(International Covenant on Civil and Political Rights, Art. 17, 1)*

- In those States in which ethnic, religious or linguistic minorities exist, persons belonging to such minorities shall not be denied the right...to enjoy their own culture, to profess and practise their own religion, or to use their own language. *(International Covenant on Civil and Political Rights, Art. 27)*

- No one within the jurisdiction of a State party to the present Optional Protocol shall be executed. Each State party shall take all necessary measures to abolish the death penalty... *(Second Optional Protocol to the International Covenant on Civil and Political Rights, Art. 1)*

- Discrimination against women...is fundamentally unjust and constitutes an offence against human dignity. *(Declaration on the Elimination of Discrimination against Women, Art. 1)*

- States Parties recognize the right of the child to be protected from economic exploitation and from performing any work that is likely to be hazardous or to

interfere with the child's education...or health. *(Convention on the Rights of the Child, Art. 32, 1)*

- States Parties undertake to protect the child from all forms of sexual exploitation and sexual abuse. *(Convention on the Rights of the Child, Art. 34)*

- States Parties undertake to...ensure respect for the rules of international humanitarian law applicable to them in armed conflicts which are relavent to the child. *(Convention on the Rights of the Child, Art. 38, 1)*

- States have the duty to co-operate with each other in ensuring development and eliminating obstacles to development. *(Declaration on the Right to Development, Art. 3, 3)*

- All States should...ensure that the resources released by effective disarmament measures are used for comprehensive development, in particular that of the developing countries. *(Declaration on the Right to Development, Art. 7)*

- States should encourage popular participation in all spheres... *(Declaration on the Right to Development, Art. 8, 2)*

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